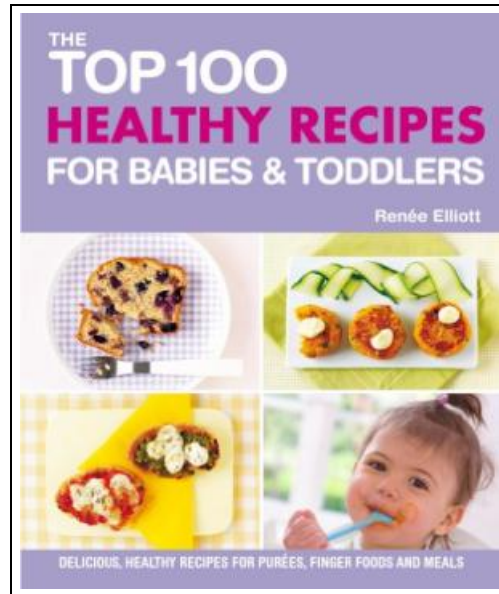


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Watkins Media, United Kingdom, 2013. Paperback. Condition: New. Language: English . Brand New Book. Renee Elliott's passion is promoting health in the community. That's why she started Planet Organic and that's why she writes recipe books. In this book, she shows you how to start from scratch. The moment your baby shows signs that he or she is ready to start eating solids, Renee shows you how to create eating habits that will last a lifetime. Beginning by explaining the nutritional needs of babies and toddlers, Renee offers a collection of easy recipes that focus on healthy food. Whether you're weaning your baby at 6 months or cooking for your toddler or young child up to age 5, this collection will show you how to create fabulous nutritional meals your children will love. Each recipe has at-a-glance ingredient symbols, as well as tips on preparation and storage. The recipes take you through the day, from nutritious breakfasts such as Dried Apricot Puree and Spelt Pancakes, to tasty lunches and dinners, such as Broad Bean Pumpkin Puree and Chicken Mushroom Pasta, as well as yummy snacks and desserts such as Mini Pitta Pizzas and Blueberry Bread. These are simple and delicious recipes your child will want you to cook again and again.



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